

# KENTUCKY WIC RESOURCE GUIDE FOR FORMULA AND WIC NUTRITIONALS

November 2014



***Breast Milk is the Best Source of Nutrition for Infants.***

**USDA is an equal opportunity provider and employer.**

The Nutrition Services Branch has prepared this reference to assist staff with the provision of infant formula and WIC Nutritionals to WIC families. This reference includes information on:

- Infant formulas (contract and noncontract).
- Exempt Infant Formulas and WIC Nutritionals

**Milk based infant formulas** are provided for normal infants with no feeding problems.

**Soy based infant formulas** are considered to be nutritionally equivalent to milk based formulas and are used for milk protein allergy, galactosemia, lactose intolerance or when vegetarian is preferred.

**Note: Due to increased incidence of osteopenia (bone volume reduction), soy formulas should not be used for preterm infants.**

Issuance of **Contract** brand formula in concentrate or powder **does not** require a diagnosis, physician order or prior approval before issuance.

**Issuance of all other types of formula requires a physician's order.**

Formula should be issued in powder or concentrate unless Ready-To-Feed is requested for one of the following reasons.

1. Restricted or unsanitary water supply;
2. No refrigeration;
3. Caretaker is unable to properly prepare formula; or
4. Only form the product is available.

The reason for issuing Ready-To-Feed formula **must** be documented in the medical record.

It is necessary to call the state staff in the following situations.

- If Ready-To-Feed is requested for reasons not listed above.
- If the formula requested is not listed in this document.
- When state approval is required.

The staff members listed below can assist you with formula issues.

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# Infant Formula Section

## Infant Formulas

The requirements for standard infant formulas are established by the American Academy of Pediatrics (AAP) Committee on Nutrition. These requirements are monitored by the Food and Drug Administration (FDA) as part of the Infant Formula Act of 1980, amended in 1986. Through this Act, the minimum level for 29 nutrients and the maximum level for 9 nutrients are established. The label must provide a declaration of the quantitative information for each nutrient. Each manufacturer must also assure by analysis that the declared level of each essential nutrient is in each batch of formula. "In general, the concentrations of nutrients in formulas are higher than those in human milk to compensate for the possible lower bioavailability."<sup>1</sup>

The minimum levels are defined for the following nutrients:

- Fat
- Protein
- Vitamins
  - A, C, B12, Pantothenic Acid, D, B1 (thiamine), Niacin, Choline, E, B2 (riboflavin), Folic Acid, Inositol, K, B6 (pyridoxine) and Biotin
- Minerals
  - Calcium, Iron, Copper, Potassium, Phosphorus, Iodine, Manganese, Chloride, Magnesium, Zinc, Sodium, Selenium

The maximum levels are defined for the following nutrients:

- Fat
- Protein
- Vitamins
  - A, D
- Minerals
  - Iron, Potassium, Iodine, Chloride, Sodium

<sup>1</sup>Pediatric Nutrition Handbook, 6<sup>th</sup> Edition, American Academy of Pediatrics.

### WIC Infant Food Package Guidelines

- A. **Requirements for issuing each infant formula (milk, soy, milk-based lactose reduced, milk-based lactose free) must be followed. All participants receiving formula must receive contract brand infant formula unless contraindicated or a comparable product is not available.**
- B. **The WIC infant formula rebate contract is with Gerber. Noncontract rates for an agency should be 5% (five percent) or less.**
- C. Whole, low fat, fat free/skim or goat's milk cannot be issued to infants.
- D. Infant Cereal will be issued to an infant at six (6) months of age. The computer will then automatically add three (3) – 8 ounce boxes of cereal to the package.
- E. Infant fruits and vegetables will be provided at six (6) months of age. The amount varies based upon the category/status of the infant.

### Issuance of Contract Brand Standard Formula and Challenge Protocol

- A. All infants who are not medically fragile must be provided **Good Start Gentle**. This is the contract brand primary milk based standard formula and must be the first formula tried.
- B. The contract brand standard formulas that are appropriate to provide to infants during the first year of life are:
  - a. Good Start Gentle (primary formula)
  - b. Good Start Soothe
  - c. Good Start Soy
  - d. Gerber Graduates Gentle (recommended for age 9 months and older)
  - e. Gerber Graduates Soy (recommended for age 9 months and older)
  - f. Gerber Graduates Soothe (recommended for age 9 months and older) (once available statewide)
- C. Infants who come to clinic on one of the contract brand formulas (Good Start Soy, Good Start Soothe, Gerber Graduates Gentle or Gerber Graduates Soy) and are not medically fragile, must have tried and encountered problems with Good Start Gentle unless contraindicated. (See First Trial.) The patient then may try any one of the remaining contract brand products. (See Second Trial.)
  - a. **First Trial:** Good Start Gentle (orange can)
  - b. **Second Trial:** Any one of the remaining contract brand products:
    - 1. Good Start Soothe
    - 2. Good Start Soy
    - 3. Gerber Graduates Gentle (recommended for age 9 months and older)

4. Gerber Graduates Soy (recommended for age 9 months and older)
  5. Gerber Graduates Soothe (recommended for age 9 months and older) (once available statewide)
- D. If parent/caretaker expresses concern regarding infant's ability to tolerate a formula, recommend the parent/caretaker redeem benefits for only one or two cans, to determine if the formula product is well tolerated.
- E. Infants who come to clinic on noncontract formula and are not medically fragile must be provided a Gerber Good Start or Gerber Graduates product using the following challenge guidelines:
- a. If requesting noncontract brand milk based formula (Similac Advance Stage 1, Enfamil Infant, etc.), the patient must have tried the contract brand iron-fortified formulas below, unless contraindicated and encountered problems:
    - i. **First Trial:** Good Start Gentle
    - ii. **Second Trial:** Good Start Soothe
  - b. If requesting noncontract soy based formula (Enfamil ProSobee or Similac Soy Isomil, etc.), the patient must have tried the contract brand soy based formulas below, unless contraindicated, and encountered problems:
    - i. **First Trial:** Good Start Soy
    - ii. **Second Trial:** Good Start Soothe (if no milk allergies exist)
  - c. If requesting milk based lactose free or lactose reduced formula (Enfamil Gentlease, Similac Sensitive for fussiness & gas, etc.), the patient must have tried the contract brand formulas below, unless contraindicated, and encountered problems:
    - i. **First Trial:** Good Start Soothe
    - ii. **Second Trial:** Good Start Soy

**Note:** Similac Sensitive for Fussiness and Gas and Similac Total Comforts is 19 Kcal/ounce and is not authorized for WIC issuance.
  - d. If requesting a formula for management of reflux or gastroesophageal reflux (GER) or gastrophageal reflux disease (GERD), no contract formulas are comparable and the WIC approved noncontract product (Enfamil AR) may be provided with a valid WIC – 200.
 

**Note:** Similac for Spit Up is 19 Kcal/ounce and is not authorized for WIC issuance.
  - e. If requesting noncontract milk based products for 9 to 12 months of age (Similac Go and Grow- Milk Based, Enfagrow Toddler Transitions), the patient must have tried the contract brand formulas below, unless contraindicated, and encountered problems:

- i. First Trial: Gerber Graduates Gentle
- ii. Second Trial: Gerber Graduates Soy or Gerber Graduates Soothe (once available statewide)

**Note:** Similac Go and Grow -Milk Based is 19 Kcal/ounce and is not authorized for WIC issuance.

- f. If requesting noncontract soy based products for 9 to 12 months of age (Similac Go and Grow – Soy Based, Enfagrow Toddler Soy Transitions), the patient must have tried the contract brand formulas below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Gerber Graduates Soy
  - ii. **Second Trial:** Gerber Graduates Gentle or Gerber Graduates Soothe (once available statewide) (if no milk allergies exist)
- g. If requesting noncontract milk based, hydrolyzed protein with probiotics formula (Enfamil Reguline), the participant must try the contract formulas below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Good Start Soothe (purple can)
  - ii. **Second Trial:** Good Start Gentle (orange can)

**Note:** Enfamil Reguline is not authorized for WIC issuance.

### **Transition Guidelines**

- A. All caregivers must be counseled to try each formula for 72 hours exclusively.
- B. Counseling must also include information about changing the infant from the current formula to the contract brand formula. The counseling guidelines for formula transition are as follows: (handout available from Pamphlet Library – What do I do if My Baby's Formula is Changed)
- C. Advise to follow the below transition Guidelines:
  - First Day:** Offer infant  $\frac{3}{4}$  of current formula mixed with  $\frac{1}{4}$  of the challenge (new) formula (ie. 3 ounces current formula plus one ounce of challenge formula).
  - Second Day:** Offer infant  $\frac{1}{2}$  current formula and  $\frac{1}{2}$  challenge formula.
  - Third Day:** Offer infant  $\frac{1}{4}$  current formula and  $\frac{3}{4}$  challenge formula.
  - Fourth Day:** Offer infant challenge formula exclusively.
- D. Challenge formula must be tried for 72 hours or 3 days exclusively following the transition phase. Some exceptions are severe reactions such as rash, projectile vomiting, a medically fragile infant or professional judgment.
- E. Problems encountered with formula must be documented, before issuing a noncontract brand formula.

# Contract Brand Infant Formulas



**Gerber® Good Start Gentle (Nestle) Contract Formula**

Milk-based infant formula with DHA, ARA and prebiotics. **20 cal./fl. oz.**

**Packaging:** Concentrate: 12.1 fl. oz., tetra brick, 12 tetra bricks/case

Ready-To-Feed: 33.8 fl. oz. 4-pack tetra brick (8.45 oz. tetra bricks), 4 – 4 packs/case

Powder: 12.7 oz. can, 6 cans/case

**Composition:** **CHO:** lactose, corn maltodextrin, galacto-oligosaccharides (GOS)

**PRO:** enzymatically hydrolyzed whey (cow's milk), **FAT:** palm olein, soy, coconut and high oleic safflower oils, C. Cohnii oil, M. Alpina oil.

**Gerber® Good Start Soothe Contract Formula**

Milk Based Product that is lactose reduced (by 30%) with Lactobacillus reuteri (L. reuteri) a probiotic. Designed to promote easy digestion and reduce gassiness and fussiness.

**20 cal./fl. oz**

**Packaging :** Powder: 12.4 oz. can ; 6 cans/case

**Composition:** **CHO:** Corn Maltodextrin **PRO:** enzymatically hydrolyzed whey (cow's milk),

**FAT:** palm olein, soy, coconut, and high oleic safflower oils, C. Cohnii oil, M. Alpina oil. L. Reuteri Cultures.

**Gerber® Good Start Soy (Nestle) Contract Formula**

Soy-Based infant formula with DHA & ARA. For milk protein allergy, lactose intolerance, galactosemia, gluten sensitivity or for vegetarian families. **20 cal./fl. Oz Kosher**

**Packaging:** Concentrate: 12.1 fl. oz. tetra brick, 12tetra bricks/case

Ready-To-Feed: 33.8 fl. oz. 4-pack tetra brick (8.45 oz. tetra bricks), 4 – 4 packs/case

Powder: 12.9 oz. cans, 6 cans/case

**Composition:** **CHO:** corn maltodextrin, sucrose, **PRO:** soy protein isolate, **FAT:** palm olein, soy, coconut and high oleic safflower oils, C. Cohnii oil, M. Alpina oil.

**Gerber® Graduates Gentle (Nestle) Contract Formula**

Milk-based infant formula with DHA, ARA & prebiotics with higher levels of calcium.

For use in infants 9 months or older. **20 cal./fl. oz**

**Packaging:** Powder: 22 oz. cans, 3 cans/case

**Composition:** **CHO:** lactose, corn maltodextrin, galacto-oligosaccharides (GOS)

**PRO:** enzymatically hydrolyzed whey (cow's milk) **FAT:** palm olein, soy, coconut, high oleic safflower oils, C. Cohnii oil, M. Alpina oil.

**Gerber® Graduates Soothe (Nestle) Contract formula (once available)**

Details to follow.

**Gerber® Graduates Soy (Nestle) Contract Formula**

Soy-Based infant formula with DHA & ARA and higher levels of calcium. For use in infants months or older with milk protein allergy, lactose intolerance, galactosemia, gluten sensitivity or for vegetarian families. **20 cal./fl. oz.**

**Packaging:** Powder: 24 oz. powder, 4 cans/case

**Composition:** **CHO:** corn maltodextrin, sucrose, **PRO:** soy protein isolate, **FAT:** palm olein, soy, coconut and high oleic safflower oils, C. Cohnii oil, M. Alpina oil.

# **Noncontract Brand Infant Formulas**

**Enfamil AR® (Mead Johnson) Noncontract**

Milk-based, pre-thickened with added rice starch with DHA and ARA. For infants with frequent spit up. **20 cal./fl. oz. Gluten Free.**

**Note:** *Not recommended for preterm infants or patients with galactosemia.*

**Packaging:** Ready-To-Feed: 32 oz. can, 6 cans/case

Powder: 12.9 oz. can, 6 cans/case

**Composition:** **CHO:** rice starch, lactose, maltodextrin, carrageenan, **PRO:** nonfat milk

**FAT:** palm olein, soy, coconut and high oleic sunflower, C. Cohnii oil, M. Alpina oil.

**Enfamil Gentlease® (Mead Johnson) Noncontract**

Lactose reduced milk-based with DHA & ARA. Gluten Free. **20 cal./fl. oz.**

**Note:** *Not recommended for patients with galactosemia.*

**Packaging:** Powder: 12.4 oz. can, 6 cans/case

**Composition:** **CHO:** corn syrup solids, **PRO:** partially hydrolyzed nonfat milk and whey protein concentrate solids, 60% Whey, (soy), **FAT:** palm olein, soy, coconut, high oleic sunflower oils, M. Alpina oil.

**Enfamil Infant® (Mead Johnson) Noncontract**

Milk based infant formula with DHA/ARA, nucleotides & prebiotics.

**20 cal./fl. oz.**

**Packaging:** Concentrate: 13 fl. oz. cans, 12 cans/case

Ready-To-Feed: 32 fl. oz., 6 cans/case or 8 fl. oz. 4-pack, 4-4 packs/case

Powder: 12.5 oz. cans, 6 cans/case

**Composition:** **CHO:** lactose, carrageenan, Galacto-Oligosaccharides (GOS), polydextrose **PRO:** intact milk protein (60:40 whey-to-casein ratio) **FAT:** palm olein, soy, coconut, high oleic sunflower oils, C. Cohnii oil, M. Alpina oil.

**Enfamil Prosobee® (Mead Johnson) Noncontract**

Soy-based formula with DHA & ARA. For infants intolerant to milk protein, lactose or sucrose, galactosemia, gluten sensitivity. **20 cal./fl. oz. Lactose Free, Milk Free**

**Packaging:** Concentrate: 13 fl. oz. cans, 12 cans/case

Ready-To-Feed: 32 fl. oz. cans, 6 cans/case

Powder: 12.9 oz. cans, 6 cans/case

**Composition:** **CHO:** corn syrup solids, carrageenan, **PRO:** soy protein isolate, **FAT:** palm olein, soy, coconut, and high oleic sunflower oils, C. Cohnii oil, M. Alpina oil. sunflower oils, C. Cohnii oil, M. Alpina oil.

**Enfagrow® Toddler Transitions (Mead Johnson) Noncontract**

A milk-based toddler formula that is formulated for children 9-18 months.

Contains additional calcium and vitamin D. **20 cal./oz.**

**Packaging:** Powder: 21 ounce can, 4 cans /case

**Composition:** **CHO:** lactose, corn syrup solids, polydextrose **PRO:** nonfat milk, **FAT:** mortierella alpina oil, crypthecodinium cohini oil.

**Enfagrow® Toddler Transitions Soy (Mead Johnson) Noncontract**

A soy –based formula for children transitioning from Enfamil® ProSobee.® Enfagrow Soy is designed for toddlers 9 months and up. **20 cal./fl. Lactose Free, Milk Free**

**Packaging:** Powder: 21 ounce can, 4 cans /case

**Composition: CHO:** Corn syrup solids **Pro:** Soy Protein Isolate **Fat:** Palm Olein, Soy, Coconut and high Oleic Sunflower oils.

**Similac® Advance® (Abbott) Noncontract,**

Milk-based infant formula with DHA & ARA, prebiotics, nucleotides and antioxidants.

**20 cal./fl. oz. Kosher & Halal, Gluten Free**

**Packaging:** Concentrate: 13 oz. bottles, 12 cans/case

Ready-To-Feed: 32 fl. oz. bottles, 6 bottles/case

Powder: 12.4 oz. cans, 6 cans/case

**Composition: CHO:** lactose, galacto-oligosaccharides (GOS), carageenan

**PRO:** nonfat milk, whey protein concentrate, **FAT:** high-oleic safflower, soy, coconut, C. Cohnii oil and M. Alpina oil.

**Similac® Soy Isomil® (Abbott) Noncontract**

Soy-based infant formula with DHA & ARA, prebiotics, nucleotides and antioxidants.

For infants intolerant to milk protein or lactose; galactosemia. **20 cal./fl. oz. Kosher, Lactose Free, Halal, Gluten Free**

**Packaging:** Concentrate: 13 oz. cans, 12 cans/case

Ready-To-Feed: 32 fl. oz. bottles, 6 bottles/case

Powder: 12.4 oz. cans, 6 cans/case

**Composition: CHO:** corn syrup solids, sucrose, Fructo oligosaccharides (FOS)

**PRO:** soy isolate, **FAT:** high oleic safflower, soy, coconut, C. Cohnii oil and M. Alpina oil.

**Similac Go and Grow® Soy-Based (Abbott) Noncontract**

Soy-based formula with DHA & ARA for 9 to 24 months old. For infants intolerant to milk protein and lactose or patients with Galactosemia. **20 cal./fl. oz. Lactose Free, Kosher, Halal, Gluten Free**

**Packaging:** Powder: 1.38 lb. container, 6 containers/case

**Composition: CHO:** corn syrup solids, sucrose, **PRO:** soy protein isolate,

**FAT:** high oleic safflower, coconut, soy, C. Cohnii oil and M. Alpina oil.